

What to Do When You're Overwhelmed!

^{KJV} **Psalm 61:1** < A Psalm of David.> *Hear my cry, O God; attend unto my prayer.*

2 From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.

- ❖ Being **overwhelmed** is having your world turned upside down, being overcome by so many challenges and not knowing where your help is coming from!

King David said when he got **overwhelmed**, he **CRIED** out to God!

David's prayer was a **cry** to God for **Help** he couldn't get anywhere else

During our **Solemn Assembly** I mentioned **crying out** to God during times of national and personal crisis is necessary!

- All prayers aren't equal, and **all cries are not the same!**

Every good parent knows the difference in their children's cries!

The word **cry** in the first verse is the word "**rinnah**" it's **a high pitched, shrieking sound that pierces the atmosphere reaches the ear enters the brain and rings over and over again in the mind!**

Of all the sounds a person can make **Rinnah** is **unmistakable, unavoidable and unignorable!**

This cry comes from the deepest place within, it's not a head cry, a religious cry or a fake cry!

- **Rinnah** says we mean business; this is crucial!
- **Rinnah** says I need help immediately!
- **Rinnah** says I won't make it unless you help Father God!
- **Rinnah** says I need you **Now** Lord like never before!

High-pitched sounds are usually reserved for women & children!

Here it's being used by a man, in fact a king and a warrior!

When trouble comes in waves **even strong men** get overwhelmed!

This is what I'm talking about one things after another keeps hitting you and it becomes overwhelming!

David faced many dangers, battles and challenges:

He faced down lions, bears, giants, and nations, he was a warrior who experienced many battles in his life.

But even David came to a point in his life when he was overwhelmed!

David was a strong man, a worshipping warrior!

But David came to a place in his life when singing songs and playing his instruments and dancing before The LORD didn't help!

He had to CRY OUT to the LORD for help!

But in order to *rinnah* CRY OUT in a **high-pitched** voice we must **humble ourselves!**

We have to be ok with **sounding weak**, we have to be ok with **needing help!**

It's hard for some men to ask for help!

It can't matter that you're a **man**, a man whose handled your business!

If you don't cry out to God for help you might crumble under the weight of your problems!

I decree and declare in The Name of Jesus you will NOT Have:

A nervous breakdown, a panic attack, anxiety attack, stroke, heart attack or take your own life!

- It can't matter that you're **the man** of the house!
- It can't matter that you're **the boss!**
- I can't matter **what you did before!**

- It can't matter that **you're the king!**
- It can't matter you have a **high position**; your status and reputation can't matter!

All that matters now is you need help from the only one who can help!

This is **not** the time to be a hero, you can't **fall apart now!**

You have to make a stand you NEED God's Help right NOW!

Next king David says *"from the ends of the earth I cry unto thee"*!

Historians say David wasn't literally at the ends of the earth!

What David meant was he was **outside** The Promised Land, that they were **no longer** in the Blessed Land.

It's important to recognize God's people were more faithful to Him in as captives in a strange land than they were in their own land!

ESV Amos 6:1 "Woe to those who are at ease in Zion, and to those who feel secure on the mountain of Samaria, the notable men of the first of the nations, to whom the house of Israel comes!"

Not being in **The Land of Promise** was already overwhelming to God's people because every promise of God was connected to it!

Just being **outside** The Promised land **overwhelmed** the people!

Living outside of what God promised should concern His people!

If our lives don't look like what God promised, no wonder we're **overwhelmed!**

We should be crying out to God to lead us back!

Lead us back to THE ROCK!

The ROCK is Jesus!

KJV Psalm 121:1 <A Song of degrees.> I will lift up mine eyes unto the hills, from whence cometh my help.

2 My help comes from the LORD, the maker of heaven and earth.

David was an old man, an old king when he wrote Psalm 61, in fact he was probably in his 60's when he wrote it!

David died as king when he was 70 years old!

He has almost 10 more years to live and accomplish things for God, Israel and set things up for Solomon before it's over!

We might be overwhelmed but God isn't finished with us yet!